Vancouver metro

Your essential daily news | MONDAY, JUNE 27, 2016

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BREXIT

'Internationalism is the birthright of my generation. Or so we thought.'

ROSEMARY WESTWOOD
metroVIEWS

THIS IS THE PITS

Dog owners fear breed-specific legislation after attacks

metroNEWS

The owners of Peanut, a blind Staffordshire bull terrier mix, moved to Tsawwassen because of breed-specific bylaws in Richmond. COURTESY LEANNE BIRD

Panel to 'kick start' electoral reform debate

POLITICS

First-past-the-post system at heart of UBC discussions

Matt Kieltyka
Metro | Vancouver

Members of the federal government will be on hand as experts gather in Vancouver on Monday to brainstorm electoral reform.

The University of British Columbia is hosting the daylong panel to help "kick start" the discussion now that the Liberal government has established a Special Committee on Electoral Reform after promising the 2015 election would be the last to use the first-past-the-post system, according to UBC political scientist Max Cameron.

Mark Holland, the parliamentary secretary to the Minister of Democratic Institutions, will join the experts from various academic institutions and advocacy groups at the event.

"Motivating this debate is the question, 'Can we imagine a system that can be better?'" Cameron told Metro. "The Liberals promised 2015 would be the last to use first-past-the-post. What will take its place?"

There is no consensus in academic circles on what the right answer for Canada is, but Cameron said the current system is in need of reform.

"It tends to create false majority government," he said. "We've had many governments in Canada that have not had the majority of the popular vote but win a majority of the seats, which gives it 100 per cent of the power."

The lack of proportional representation in the House of Commons has created an environment where ruling governments cater policies to its base and political parties are adversarial toward each other instead of collaborative, Cameron said.

Reforming the system means politicians better represent the will of the public and are forced to work together.

"We might, in fact, get more progress on a range of policy issues," said Cameron.

While some people's eyes may glaze over at the alphabet soup of proposed electoral systems on the table, Cameron believes most people can easily grasp the concept "when it's put to them in terms of how they want their politicians to behave."

A portion of the event at the Morris J. Wosk Centre for Dialogue (580 W. Hastings St.) is open to the public starting at 2:30 p.m. and will feature a discussion on possible recommendations, an address from Holland and an opportunity for people to ask questions.

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Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

metro NEWS

Your essential daily news

Ottawa-area woman becomes first lady of Iceland. **Canada**

5 THINGS TO WATCH AT CITY HALL THIS WEEK

Housing affordability (surprise, surprise) is on the hot seat in Vancouver council chambers again this week, with motions taking a swing at empty houses and online booking operators such as Airbnb. Here's what is going on at city hall this week.

Jeff Hodson
Metro | Vancouver

Artist's concept of the SeeSawSeat. COURTESY VANCOUVER PARK BOARD

1 SeeSawSeat

Life has its ups and downs, and so does a small, proposed art project in South Vancouver. On Monday, the park board is being asked to approve an art installation called SeeSawSeat in Sunset Park on the corner of 51st Avenue and Main Street. The installation, by Vancouver artist Germaine Koh, resembles a bus-shelter bench but is actually a teeter-totter. "Uncomfortable when used by only one person," reads a quote from the SeeSawSeat design, "the individuals that encounter it will soon deduce that it is best experienced with another person, so the seat becomes a tool for playful social exchange."

An empty house in Vancouver. ERIC DREGER/ THE CANADIAN PRESS

2 Empty homes

Vancouver has 10,800 homes sitting empty, and Mayor Gregor Robertson has vowed to start taxing them, with or without the province's help. An administrative report for Wednesday's policy and strategic priorities meeting calls on the province to create a new property class on the assessment roll called "residential vacant" to give cities the authority to tax empty homes at a different rate. If the city doesn't receive a response from the province by Aug. 1, staff would create their own program.

Carver Skundaal speaks to Metro about the Survivor's Pole in July 2014. JENNIFER GAUTHIER/FOR METRO

3 Survivor's Pole

At Monday night's park-board meeting, commissioners will vote on whether to raise a 27-foot totem in Pigeon Park. Carved by Skundaal (Bernie Williams), a Haida and Coast Salish master carver and longtime resident of the Downtown Eastside, the Survivor's Pole is dedicated to the "dignity and strength of survivors of all forms of injustice." According to a park-board report, street-involved youth from the neighbourhood will help with the completion of the carving, and representatives from various communities, including Japanese, Chinese and First Nations, will assist in the painting of the pole. A celebration event for the Survivor's Pole is being planned for Nov. 5, in conjunction with the annual Heart of the City Festival. The city has donated $30,000 to the project. The park board is being asked to contribute up to $50,000 for the raising of the pole.

Apartments in Vancouver's West End. JENNIFER GAUTHIER/FOR METRO

4 Airbnb tax

Vision Coun. Geoff Meggs has a motion on notice Tuesday calling on B.C. to collect provincial sales tax and hotel tax on online booking operators such as Airbnb. In an interview last week, Meggs said thousands of housing units in Vancouver are being used for short-term rentals. "We need some kind of regulation to protect those rentals," said Meggs. "These taxes already exist. It's really simple."

5 Home owner grant

Houses on the east side. JENNIFER GAUTHIER/ FOR METRO

A city councillor fears the wild increase in house prices has eroded the ability of households to claim the B.C. Home Owner Grant. In a motion on notice for Tuesday's council meeting, Coun. Raymond Louie wants city staff to find out the number of properties that have historically been eligible for the home owner grant and how that compares with today. The home owner grant reduces the property taxes households pay by up to $570 for a property assessed at $1.2 million or less. The grant is reduced by $5 for each $1,000 of assessed value above the threshold, meaning a property north of $1.3 million would not receive any grant. According to the city, last month the price of a typical detached house on the city's east side was $1.4 million.

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Leanne and Shaun Bird, pictured with their blind dog Peanut, petitioned the city of Richmond in 2015 to change its bylaw that requires all pit-bull type breeds to be muzzled. COURTESY LEANNE BIRD

Pit bull attacks have owners on edge

METRO VANCOUVER

Defenders say breed-based rules unfair, fear-based

Wanyee Li
Metro | Vancouver

A spate of recent dog attacks has some dog owners worried because they fear city councillors may turn to breed-specific legislation in an attempt to curb the attacks.

Leanne Bird and her husband's dog, Peanut, is blind and must use her whiskers and nose to get around. Peanut is also a pit bull, which means she has to wear a muzzle during walks in Richmond, where the Birds lived until earlier this year. The city requires all "dangerous" dogs, which includes all pit bulls, to wear a muzzle in public.

That drove the Birds to move their family to Tsawwassen, where there is no breed-specific legislation, because Peanut kept bumping into things and falling down stairs with her muzzle on.

"We feel normal there. We feel just like normal dog owners," said Bird, who also moved the family's small business to Tsawwassen.

"She's getting more and more socialized everyday. She's becoming the best version of herself despite her adversities."

But a handful of poorly trained dogs can make life difficult for an entire breed in cities that have breed-specific legislation, like Richmond.

Surrey is reviewing its dog bylaw Monday in light of recent dog attacks, including an incident on June 20 where a dog attacked an elderly woman. The dog, who was believed to be a pit bull, was put down by the city last Thursday.

Bird has strong words for dog owners who don't take the time to teach their dogs how to behave in public.

"What that dog did in Surrey, it should absolutely never be allowed to be off leash and it should wear a muzzle outside its home at all times," said Bird.

"My dog has to do those things, in Richmond, at all times — just because of what it looks like."

Surrey's dog bylaws have been based on behaviour, rather than breed, for more than a decade.

"It's really a tool that helps us protect the public regardless of society and breed," said Jas Rehal, manager of bylaw enforcement and licensing at the City of Surrey.

Dog owner and Vancouver resident Julia Gibson hopes city councillors stick with a bylaw that emphasizes responsible ownership.

People have a history of stigmatizing different breeds and the pit bull is just the most recent example, said the medical student.

"It's a well-known phenomenon that in different times in history different dogs have been demonized. Once it was the German shepherd, then it was Rottweiler. And now it's the pit bull."

New Westminster's supervisor of animal services, James Doan, explained the rationale behind the city's switch to responsible-owner legislation in 2013.

The city's bylaw on dogs makes use of behaviour-based categories such as vicious or dangerous dog and fines dog owners accordingly.

"The whole focus of our new bylaw is to really not specifically focus on the breed of the dog but (rather) the care and training of the dog and the ability of the owner or the caretaker of the dog … to promote a positive behaviour," said Doan.

There is no data to support breed-specific legislation has an effect on the number of attacks, he said.

Vancouver also does not have breed-specific legislation and there are no plans to create any, according to a spokesperson from the City of Vancouver.

But cities like Burnaby and Richmond do have bylaws that define all pit bulls as dangerous dogs and require owners to muzzle them in public spaces.

Richmond has had this bylaw in place for over 20 years and has no plans to change it, according to Ted Townsend, a spokesperson from the City of Richmond.

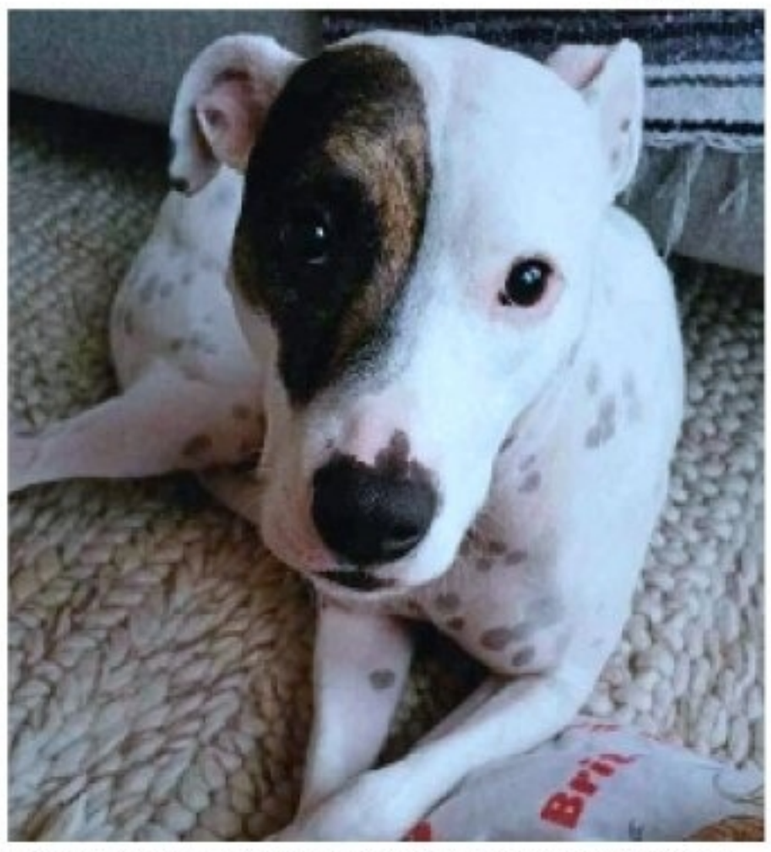
"(The bylaw) is centred on a belief that pit bulls and related breeds can have a tendency to aggression and that once provoked to attack they are hard to stop, which usually results in severe injuries to any animal or human that is attacked," he said.

"We've heard from some residents that they do fear these types of dogs, having seen some exhibit aggressive behaviour, and that they do feel safer due to the bylaw's requirements that pits bulls and other dangerous dogs be muzzled and leashed when in the public domain.

Burnaby also has a clause in its animal control bylaw that defines any Staffordshire bull terrier, an American pit bull terrier, or any dog that resembles a pit bull as a "vicious" dog.

Gibson, who is almost done her residency at a Metro Vancouver hospital and will be looking for a job soon, says she would not live in any city that has breed-specific legislation.

"I fundamentally disagree with it. It's a legislation based on fear not fact. It's stigmatizing."



Peanut has been blind since she about two years old and uses whiskers and smell to navigate. COURTESY LEANNE BIRD

> "in different times in history different dogs have been demonized. Julia Gibson

Farmers' growth not all green

FOOD TRENDS

Life still tough for producers amid boom in local markets

Wanyee Li
Metro | Vancouver

Eating local has become an increasingly popular mantra among Vancouverites in recent years, but that hasn't always translated into easy profits for farmers.

Six summer farmers' markets are in full swing in Vancouver, including the ever-popular Trout Lake market.

It took one farmer five years to get into Trout Lake, arguably the busiest market in Vancouver, with 71 vendor spots available this year.

"People are much more tuned in to what is available seasonally. I think the marketplace has evolved quite a bit," said Andrew Arkesteyn-Vogler, co-owner of Abbotsford-based Crisp Organics.

A five-year wait is no surprise given the dramatic increase in attendance for the city's farmers' markets during the last decade.

About 5,000 people visited three markets in 2004, said Tara McDonald, executive director at the non-profit organization Vancouver Farmers Markets. That figure jumped to 455,000 people visiting eight markets in 2015.

In economic terms, that has meant a nearly 500 per cent increase in gross annual sales in just 10 years, according to data provided by Vancouver Farmers Markets.

But Arkesteyn said although he has seen a jump in sales at his booth, growing food is still a tough business.

"I wouldn't say it's a very lucrative occupation," he said. "We're still dealing with extremely high costs: land, labour costs and fuel costs."

Farmers also face threats from changing weather patterns, such as last year's drought in B.C. Arkesteyn-Vogler said he had to start irrigating his crops in May due to a dry April.

"We're concerned a little bit about having a super-dry summer," he said.

Increasingly dry summers and rising land prices mean local farmers need all the help they can get, said the Richmond Food Security Society. The best way to help is to buy food grown locally, said Stephanie Dunn, a volunteer board member with the organization.

"It's a way of supporting farmland and making it viable for people to farm where land is at a premium," said Stephanie Dunn, a volunteer board member with the organization.

Farmers markets, like this one outside Queen Elizabeth Theatre, are becoming increasingly popular, with annual sales jumping by 500 percent in the past decade according to Vancouver Farmers Market. JENNIFER GAUTHIER/METRO FILE

> **I wouldn't say it's a very lucrative occupation.**
> Andrew Arkesteyn-Vogler

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Wearable tech can help with bad posture: Doctor

HEALTH

Slouching sees glasses send warning, shut down devices

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doctor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are increasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

Liliya Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices such as smartphones and video games. JONATHAN HAYWARD/ THE CANADIAN PRESS

> **It's all a little unknown. (There's) the whole aspect of it being new and unexplored.** Paul Fijal

"Whether we want it or not, we are heading toward wide use of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands have also discovered that cool ideas aren't always snapped up.

"It's all a little unknown," said Paul Fijal, a biomedical engineer and head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

"(There's) the whole aspect of it being new and unexplored."

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour.

Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

Fijal said a crowdfunding campaign is doing well as the team continues testing a prototype for release in May 2017. But he has heard concerns about privacy and basing health care solely off signals transmitted by a bracelet.

His team is addressing those worries by reminding people of existing privacy laws, while Fijal said they will rely on "early adopters" to open the wider market.

"(They are) people who recognize the impact and the potential and are OK with the risks," he said, describing families of autistic children enthusiastic to test the bracelet.

"You can start with that community and show that it works and build from there."

THE CANADIAN PRESS

BUDGET

Feds invest $150 million for B.C. affordable housing

The federal government has announced it will invest $150 million in affordable housing in British Columbia, as real-estate prices continue to skyrocket.

The money will be spread out over the next two years and is part of the $2.3 billion the Liberal government pledged to spend on affordable housing in the 2016 budget.

Jean-Yves Duclos, federal minister of families, children and social development, announced the funding on Sunday with B.C. housing minister Rich Coleman outside a new development in Vancouver's Downtown Eastside.

"All Canadians need and deserve housing that is safe, adequate and affordable," Duclos said in a statement. "Through new investments in housing, the government is helping to strengthen the economy and improve the quality of life for families and seniors."

Duclos said the new funding includes $25.2 million for construction and repair of affordable housing for seniors and $10.9 million for the construction and renovation of shelters and transition houses for family violence victims.

He said it also includes $50.9 million to address the increasing demand for repairs as social housing units age and to improve efficiency and reduce energy and water use.

Coleman said the province is partnering with the federal government to build and renovate more affordable and supportive housing.

"We will be working with communities throughout the province to identify specific housing needs and determine where the additional funding will be distributed."

The funding announced Sunday is in addition to the $63 million joint annual funding provided by the federal and B.C. governments under the Investment in Affordable Housing Agreement.

Duclos and Coleman are set to be in Victoria on Tuesday for a forum on housing.

It comes at a time when the debate over housing affordability in B.C. has become increasingly heated.

The average price of a single-family detached home in Vancouver is $1.5 million.

Vancouver Mayor Gregor Robertson recently said he wants the provincial government to co-operate with the city in collecting an empty homes tax.

Robertson said he hopes to create more rental housing instead of letting investment properties sit vacant while his city's living costs soar.

Meanwhile, the federal government has created a working group to examine housing affordability in Vancouver and Toronto.

THE CANADIAN PRESS

RCMP

BASE jumper dies

A BASE jumper has died in a plunge from a popular British Columbia mountain, after the parachute apparently failed to open until it was too late, Mounties say.

The person jumped from the first peak of the Stawamus Chief Mountain, a busy spot for outdoors enthusiasts near Squamish, north of Vancouver, just before 10 a.m. on Sunday.

Witnesses told police the person's parachute did not open until significantly after the jump, and the person fell near the Sea-to-Sky Highway below, said Squamish RCMP.

Sgt. Jolaine Percival said no further information about the person will be released while family members are being notified.

> **I don't think you can prevent people from trying to push the limits.**
> Patricia Heintzman

She said she believes the BASE jumper was with a group, and the community of people who enjoy the activity is a tight-knit one.

"It's an adventurous kind of district that we live in, and people from all around the world flock to partake in activities like this," she said.

"Now, it's just ensuring that we deal with the family and get all the BASE jumper's belongings back to the family."

The B.C. Coroner's Service has been called to the scene.

Squamish Mayor Patricia Heintzman said she was shocked and saddened by the death.

"Your thoughts immediately go to, 'Was it a person in the community? Did you know them?' We're a pretty small, tight-knit community here," she said. "You think about this person and their family, and it's very sad."

Heintzman said she believes BASE jumping is legal in the provincial park that includes the Stawamus Chief, and it would be difficult for her district to regulate the activity.

"People who do these extreme sports know the risks they're taking, have prepared tremendously to do them, and you just have to hope they're doing things within their skill set.

"I don't think you can prevent people from trying to push the limits."

THE CANADIAN PRESS

Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called Homes, which was written in collaboration. JASON FRANSON/ THE CANADIAN PRESS

EDMONTON

Teacher helps refugee tell tale

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family arrived in Canada as 10 of the 23,000 Iraqi refugees who've settled here since 2009.

As they talked, he relayed stories of his early childhood in Iraq, such as being slapped in the face by his Grade 2 teacher for being a Sunni Muslim.

> "It's ultimately about a love of a family and the resiliency of the human experience. Winnie Canuel

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-government rebels living in the streets below.

His family lived with the war for three years before being brought to Canada.

During their discussions, his English grew stronger and so did his confidence. In Canuel, he said, he found a teacher he'd never have encountered at home.

"I trusted her," he said.

Canuel had long thought about writing a book of her own, telling friends she was waiting for the right story to find her. In listening to al Rabeeah talk about his family and his experiences, she found it.

"Yes, there are massacres and car bombs in his background, yet it's ultimately about a love of a family and the resiliency of the human experience, that is what we should carry away from this," she said. "That's universal."

The novel they wrote together, called Homes, is now for sale in Edmonton bookstores and online. THE CANADIAN PRESS

The Three Amigos are back in town

OTTAWA

Brexit result at the forefront of North American leaders meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique Pena Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the U.S. presidential election. The presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Pena Nieto.

> "It's a great message to the world that we're working together. Catherine McKenna

Trudeau's environment minister, Catherine McKenna, told CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

"It's a great message to the world that we're working together, we believe in trade, we have progressive governments," said McKenna. THE CANADIAN PRESS

POLITICS

Canadian is Iceland's first lady

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people. THE CANADIAN PRESS

Gudni Johannesson with wife Eliza Reid and their five children. CONTRIBUTED

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SACRAMENTO

Right-wing extremists stab several

Authorities say a total of 10 people were taken to the hospital after counter-protesters clashed with members of right-wing extremist groups outside the California state capitol building in Sacramento. The Sacramento Fire Department says the injured included nine men and one woman ranging from 19 to 58 years old. At least five suffered stab wounds.

Sacramento Fire Department spokesman Chris Harvey said emergency crews transported six people who were stabbed, some critically wounded, and that many other people had cuts, scrapes and bruises.

"There was a large number of people carrying sticks and rushing to either get into the melee or see what was going on," Harvey said.

California Highway Patrol officers managed to break up the large fight but some members of both groups remained in the area an hour after the fight first broke out, Harvey said.

Videos from the melee posted on social media showed mounted police officers dispersing a group of mainly youth, some with their faces covered, while some throw stones toward a man holding a stick and being shielded by police officers in riot gear as he enters a glass building.

The victims were all present while a protest took place, said Sacramento Police spokesman Matt McPhail but he said it was still unclear whether and how they were involved.

The Traditionalist Workers Party had scheduled and received a permit to protest at noon Sunday in front of the Capitol. McPhail said a group showed up to demonstrate against them.

THE ASSOCIATED PRESS

IN BRIEF

Spain's political future still unclear after election

Spain's repeat election on Sunday failed to clarify the political future of the EU's fifth-largest economy, with the main parties placing roughly the same as in last December's ballot, which brought six months of stalemate. The conservative Popular Party, again collected most votes in the election but still fell short of the majority of 176 seats it needs in the 350-seat Parliament to form a government on its own.

THE ASSOCIATED PRESS

Expats spooked by Brexit

POLITICS

Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K. voted to leave the European Union.

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is suddenly uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to begin unprecedented, and knotty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

> **We've lived in Spain for a lot of years. We don't know how it's going to affect us.** Tad Dawson

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties. We've lived here for a lot of years. We don't know how it's going to affect us anymore."

An estimated 1.2 million Britons live in other EU countries, many of them in France, Spain and Portugal, according to Britain's House of Commons library. But analysts reckon the true number could be at least double that — and maybe a lot more, because many don't bother registering with their embassies or the local authorities.

Raquel Martins, an immigration lawyer at the Lisbon, Portugal, law firm of SRS Advogados, said the United Kingdom and the EU would now enter many months of negotiations to try to secure a reciprocity agreement that establishes legal guarantees for their citizens who live abroad.

"Nothing will happen right now. Nobody is going to be sent home," she said.

Across Europe, British expats reacted with alarm, dismay and sadness after Thursday's referendum on Britain's EU exit, also known as Brexit.

"I am in a state of shock," said Patrick Lamb, a standup comedian who has lived in Austria for 17 years. "I am also concerned by what Brexit means for the longer-term future."

In Berlin, Dale Carr from Sheffield said she would request German nationality. She said she, her Scottish husband and her two British-passport holding children would apply for German citizenship to keep their EU entitlements.

"Otherwise, we have no rights. What am I to do with this British passport?" asked the 63-year-old who moved to Germany in 1978 and runs two British goods shops.

Ian Tilling, the British chairman of the Casa Ioana charity for the homeless in Bucharest, said he felt an urge to "go off and burn my passport."

He ticked off his pressing concerns: that Scotland would seek independence from the U.K. so it could stay in the EU; that the United States would neglect relations with the U.K. in favour of the more powerful EU; and that the EU itself might break up further. THE ASSOCIATED PRESS

Tourists posing for a photograph in front of the Spanish Parliament are seen through the EU flag in Madrid, Spain. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. Those who have built lives abroad worry what the vote may mean for their property, their pensions and their medical benefits. FRANCISCO SECO/THE ASSOCIATED PRESS

POLITICS

Scotland threatens to block leave, Corbyn faces open rebellion

Scotland's First Minister Nicola Sturgeon AFP/GETTY IMAGES

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be able to derail the move by withholding "legislative consent" for a British exit, or Brexit.

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

Thursday's U.K.-wide vote to leave the EU was very unpopular in Scotland, where 62 per cent cast ballots to stay.

Cameron said that he will resign as prime minister when the Conservative Party chooses a new leader, who will be charged with implementing the separation from the EU.

The new party leader, who will become prime minister, is expected to be in place by October. At that point, he or she may choose to call a quick election to solidify a mandate — and the prospect of an election may have spurred a revolt against Labour leader Jeremy Corbyn.

Corbyn, criticized for doing a weak job presenting the party's position favouring EU membership, faces an open rebellion from senior members of his "shadow cabinet" — the party's mirror government of senior lawmakers. Eleven shadow cabinet members resigned Sunday after Corbyn fired shadow Foreign Secretary Hilary Benn for reportedly plotting a rebellion against him.

THE ASSOCIATED PRESS

Gangster's goods fetch $100K

AUCTION

Gold, diamond ring sold for highest price: $23,000

A rat-shaped pencil holder and a sterling silver "psycho killer" skull ring were among the belongings of gangster James "Whitey" Bulger that pulled in more than $100,000 US at a court-ordered auction to raise money for his victims.

Hundreds of items belonging to Bulger and his longtime girlfriend, Catherine Greig, were up for bid at Saturday's auction in Bulger's South Boston hometown. The proceeds, totalling $109,295, will be split among the families of Bulger's victims, including 20 people killed by Bulger and his gang and several extortion victims.

Bulger's coveted rat-shaped pencil holder, a nod to the gangster's longtime status as an FBI informant, sold for $3,600, according to The Boston Globe.

The skull ring, one of the auction's prized items, brought in $5,200. The gangster's gold and diamond Claddagh ring, appraised at $10,000 to $15,000, fetched the highest price of the auction: $23,000.

Some said they came to the auction at the Boston Convention and Exhibition Center for the local history, while others said they wanted to support the victims and their families.

South Boston attorney Richard Lane, a close friend of Greig's twin sister, Margaret McCusker, paid $110 for framed photographs of Bulger and Greig's beloved pets. Lane said he would give the photos to McCusker to "keep them in the family."

Those items and more revealed Bulger's domestic life in hiding with Greig. Other mundane items that sold included used shoes and slippers and a reclining loveseat.

Many of the items up for auction were found in a rent-controlled apartment in Santa Monica, California, where Bulger and Greig were captured in 2011 after 16 years on the run. Bulger fled Boston in late 1994 after being tipped to an impending indictment by his FBI handler. Prosecutors said Bulger was a longtime FBI informant, a "rat" status Bulger denied during his trial.

Bulger, now 86, was convicted of a host of charges, including participating in 11 murders, during a 2013 racketeering trial. He is serving a life sentence. His life was chronicled in the 2015 film, "Black Mass," starring Johnny Depp.

Greig was initially sentenced to eight years in prison, then got 21 additional months for refusing to testify about whether other people helped him while he was a fugitive.

U.S. Attorney Carmen Ortiz acknowledged that auctioning Bulger's belongings was a little distasteful. "We were guided by trying to make the victims whole through restitution."

THE ASSOCIATED PRESS

Kitty cat mugs belonging to James "Whitey" Bulger and Catherine Greig. THE ASSOCIATED PRESS

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CLIMATE CHANGE

Builders forced to rethink designs

Severe weather events like wildfires and floods are becoming more frequent and more difficult to predict, forcing architects and engineers to rethink how they design buildings, infrastructure and cities.

Brock Schroeder, managing director of engineering firm Entuitive, says events such as the fire in Fort McMurray and the floods that hit Alberta in 2013 have led to changes in how structures are designed.

While some of the changes are reactive, others are proactive — for example, using computer models to predict how a structure would fare in the event of an earthquake and designing it accordingly.

Technological advancements have made it easier to test how a building would withstand floods, fires, earthquakes, says Schroeder.

This shift towards the so-called performance-based approach allows for buildings to be designed to take into account a structure's unique attributes and its surroundings — rather than adhering to the one-size-fits-all approach outlined in many building codes, says Schroeder.

While some building codes are calling for a performance-based approach, much of the change is being driven by the design community and by property owners, who are looking for structures to be resilient, says Schroeder.

"It's becoming more accelerated with the extreme weather events we're experiencing," says Schroeder.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, June 27, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?

Dear Ellen,

I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resented or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f--king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

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"To see a Bill Cunningham street spread was to see all of New York."
New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

No sleep for the lucky few

HEALTH

Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive — not just survive — with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does during sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal Science in 2009, after which numerous natural short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital **sleep neurologist Dr. Andrew Lim,** who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a **genetic anomaly** that allows them to jump out of bed after a few hours. ISTOCK

SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts

Margaret Thatcher
Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.

Thomas Edison
The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.

Donald Trump
The presidential wannabe has bragged he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-de-beep, I want to find out what's going on," Trump said last year.

Marissa Mayer
The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.

INTERVIEW

Playing bad on Animal Kingdom is good for Scott Speedman

Scott Speedman
INVISION/THE ASSOCIATED PRESS

Viewers might be unsure about his character on TNT's Animal Kingdom, but Scott Speedman says he's OK with that.

The series is about a family of boys living a life of crime and grit. They're led by their mother, played by Ellen Barkin, who goes by the name of Smurf. It's based on an Australian film of the same name.

"You've got these hyper-masculine characters, but really they're mama's boys," said Speedman, who plays the oldest son, Baz. "They're really under the thumb of their mother, and it creates interesting, compelling scenes to play."

Speedman said of his character: "Outwardly he seems like the good brother, or maybe the one who has it together."

"What the writers are doing," he said, "is really playing with people's perception of the characters, so who you think is good is not necessarily so, and who you think is on the outside of good or most evil has definitely the most moral code of all the brothers."

Speedman, 40, said his character does some terrible and morally dubious things.

"I think as a younger actor, you worry, 'Are audiences going to be able to take this or not?' But I think I'm at a certain place and I think audiences are certainly ready for these types of characters on mainstream television."

> **We get one F word an episode. It gets very tricky who gets to have that one F word.**
> Scott Speedman

Speedman said he enjoys being on a series where actors are allowed to push the edges of the envelope.

"It's hard because we get one F word an episode. It gets very tricky who gets to have that one F word. It's never been me. At some point I'll get it. These guys are edgy, dark, blue-collar guys, so they're gonna be swearing and getting into all sorts of things. (On) my first show, if you drank, you had to have something go wrong to connect the dots there, something bad had to happen. There was a moral lesson. It's been fun to test those (boundaries)."

Speedman, who played Keri Russell's long-time crush Ben on Felicity and appeared in the Underworld films with Kate Beckinsale, said he's amused by his series co-star Barkin.

"She's one of the fellas. She's a Bronx girl, so street-smart. She'll be with all … (the) boys and she'll be right there giving insults better than anybody else." THE ASSOCIATED PRESS

YOU CAN DO THIS COMMUNITY SERVICES WORKER/SOCIAL WORKER

Finding meaning helping others

WHY I LIKE MY JOB

Alison MacKenzie, 27, Neighbourhood Convener with Agincourt Community Services Association and Project Manager with Building Roots – Toronto, ON

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services. Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector. I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community. The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways. I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.

THE BASICS: Community Services Worker

$36,618

Median wage of community services workers and social workers. Some workers in this field can earn up to **$54,000** as they advance to roles as counsellors, community engagement workers and program planners/facilitators.

+12.8%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, statcan.gc.ca, onetonline.org and jobbank.gc.ca

HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs

WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

NEXT CAREER STEP

Having a least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.

Learn to spend wisely

SMART SPENDING

Make a list, don't cheat and watch for those knee-jerk buys

Gail Vaz-Oxlade
For Metro Canada

For years I've blathered on about conscious (as opposed to conspicuous) consumption.

The masters of marketing work hard to convince you to spend money you really, really shouldn't. That means you must be vigilant if you don't want to be caught in consumerism's web.

The biggest and bestest tip I have for keeping your shopping on track is to always, and by that I don't mean sometimes, shop with a list. Whether you use a grocery list to stop you from impulse buying a bunch of crap at the supermarket, or you use a "Wants List" to prioritize the things you'd like to buy for yourself, having a list is gold. The rules are simple:

One: If what you want to buy isn't on the list, you can't buy it.

Two: You can put the item on your list and go home, and then go back out again, assuming you have the money to pay for it.

Three: You've got to wait a specific amount of time — 48 hours, two weeks, a month — so that the purchase becomes one that has been planned.

Right behind the list comes the "one-in-one-out" rule. You really want new drinking glasses since your shelves hold an odd amalgamation of vessels you've collected over the years.

This one is easy. You buy yourself new glasses and get rid of the old stuff.

But the rule also applies to shoes, dresses, and books. The rule applies to everything! So before you can bring anything new into your home, you must figure out what you're going to get rid of.

No cheating. A big-screen TV cannot be offset by getting rid of that horrible vase your SIL bought you. It has to be comparable. It must give you pause to think.

Then there's the "if I have the money to spend I have the money to save" plan. That's when you allocate a specific amount for savings every time you spend money on a want.

Decided to buy a new pair of boots? You not only have to have the money for the boots, you've got to have the 10 per cent you plan to save. So if you're planning to spend $200, you'll need an extra $20 for your savings.

If you're spending money as a knee-jerk reaction to your Spending Gremlin's whispers — "You work hard, you deserve it," "Ooo isn't it pretty?" or "Everyone has one, I want one too!" — you're putting short-term gratification ahead of your financial health.

If you're spending money because some great marketing program reached into your wallet with its pretty packaging or "buy two get one free" obfuscation, you're proving you're as dumb as they think you are.

You can always find a good reason to scratch your acquisition itch. We are the masters of rationalization.

And we apply this rationalization to why we need to buy a certain car, acquire a bigger house, or wear brand names. It isn't about meeting needs. It's about the marketing spiders weaving their web. Don't be the fly that get's caught.

For more money advice, visit Gail's website at gailvazoxlade.com

Some pretty basic money rules will help you avoid getting trapped in the marketing spider's web. ISTOCK

NOVELIST

Austin Clarke dies at 81

Austin Clarke, the Toronto-based writer who won the Scotiabank Giller Prize and the Commonwealth Writers Prize for his 2002 novel The Polished Hoe, has died. He was 81.

Clarke frequently wrote about the immigrant experience and being black in Canada. He was born in St. James, Barbados, and moved to Canada in 1955 to attend the University of Toronto. He soon turned to journalism and subsequently to fiction.

During the late 1960s and early '70s, Clarke became a visiting lecturer at a number of major U.S. universities. He also worked as a cultural attache to the Barbadian Embassy in Washington.

In 1997, his novel The Origin of the Waves won the Writers' Trust Fiction Prize. And his 1999 novel The Question was nominated for the Governor General's Award. In 1998 Clarke was made a member of the Order of Canada.

His memoir Membering was published last year.

Clarke's publicist says he died in hospital early Sunday morning. A funeral service is planned for July 9 at Toronto's St. James Cathedral. TORSTAR NEWS SERVICE

THE AMAZING RACE CANADA

Show has most diverse cast

Ashley Callingbull is all too aware of the burden of expectations that falls on her shoulders as she runs The Amazing Race Canada Season 4.

For one, she is the reigning Mrs. Universe, the first Canadian to win the crown. She is also from Enoch Cree Nation, just west of Edmonton. The First Nations community will be closely watching her progress on what happens to be Canada's most watched television series.

"You really feel that you want to be a positive role model, but really I'm going to be myself. Hopefully I won't swear too much, because I really tend to under pressure," laughed Callingbull, 26, in Toronto before the start of the race.

The Amazing Race Canada's new season starts Tuesday at 8 p.m. on CTV. Ten teams will compete for $250,000 in prize money and gifts such as cars, airfare and hotel accommodations around the world. The competition show travels the world and contestants take part in different physical and mental tasks to win each leg of the race.

It also features the most high-profile, diverse bunch of contestants yet, including Callingbull and contestants from other reality shows such as Big Brother Canada.

Host Jon Montgomery says producers have always committed to diverse casting. But this year features a more comprehensive approach. "Compared to prior years, the patchwork of Canadians is much more representative of what our nation looks like. We have people from new Canadians to second- and fourth-generation Canadians. If you really can't find someone you can identify with, then there is nobody like you in this country."

Callingbull will be running the race with her stepfather Joel Ground (both pictured below), an auto mechanic who recently walked her down the aisle at her wedding.

"I'm the calm one, so we make a good team," said Ground.

Last season, The Amazing Race Canada, based on an American original, averaged 2.54 million viewers, making it the most watched TV series in the nation. That was followed by The Big Bang Theory and Survivor. It's hard to pinpoint exactly why it's the most watched show but, certainly, casting directors have made sure that the show is reflective of the world, even as contestants are shown travelling the globe.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Preachy speeches aren't joyous or interesting

THE SHOW: Roadies, Season 1, Episode 1 (Showtime)
THE MOMENT: The sermon

Imogen Poots as Kelly Ann in Roadies (Pilot). CONTRIBUTED

Money guy Reg (Rafe Spall) informs the Staton-House Band's crew that they're spending too much on their stadium tour. "The old way is gone," he says.

"We're here because we love music," roadie Kelly Ann challenges him, eyes ablaze. "You either love what you do or you get the f—k out. That's all I have."

"I'm here to protect the brand," Reg says.

"You don't know the secret ingredient of the brand you're trying to sell," Kelly Ann counters. "Maybe the brand isn't a brand. Maybe it's a feeling. Kurt Cobain and Jimi Hendrix didn't die to become a crop top at Urban Outfitters. Perhaps I haven't communicated the fact that I live to destroy everything you stand for. And that is all I have." She stalks off.

Oh, Cameron Crowe, I had high hopes for this new series of yours. I get that you love rock music, and you're sad it's disappearing. I get that, as you mature, you're fighting hard to resist cynicism and instead depict joy and passion. I admire those things. They're hard to show.

But this is Episode 1, and already you're doing preachy speeches. (Aaron Sorkin, passionate about journalism, made the same mistake in The Newsroom.) Sermons aren't joyous. Sermons aren't even interesting, unless you've earned them — and even then, must be deployed judiciously.

HBO just killed Vinyl because it took a subject that should be tremendous fun — the music biz in 1970s New York — and made it no fun. Give us fun, and we'll feel passion.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Wonder what they do all day?
THE SECRET LIFE OF PETS
JULY 8
YOU COULD WIN passes to see
THE SECRET LIFE OF PETS
Ever wonder what your pets do when you're not home? From the humans behind Despicable Me. Universal Pictures and Illumination Entertainment present Louis C.K., Kevin Hart, and Hannibal Burress in The Secret Life of Pets.
For your chance to win an admit two pass to the July 6th advance screening, go to:
metro Wonderlist.ca

No purchase necessary. One entry per person, per day. Contest open to residents of Vancouver, BC, Edmonton, AB, Calgary, AB, Winnipeg, MB, Ottawa, ON, who have attained the provincial age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) prizes are available to be won per market each with an ARV of $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on June 27, 2016 and closes at 11:59 pm ET on July 3, 2016. To enter and for complete contest rules visit www.wonderlist.ca

metro SPORTS

The Reds formally retired Pete Rose's No. 14 on Sunday, capping a big weekend for baseball's hits king

Canucks still have scoring to settle

NHL

Vancouver optimistic about their young talent

The Vancouver Canucks left the NHL draft with a skilled defenceman and a bushel of young talent, but the search for scoring continues.

After picking Finnish defenceman Olli Juolevi fifth overall Friday night, the Canucks took five more players Saturday in U.S. under-18 winger William Lockwood (third round, 64th overall), Hamilton defenceman Cole Candella (fifth round, No. 140), Calgary winger Jakob Stukel (sixth round, No. 154), Portland centre Rodrigo Abols (seventh round, No. 184) and North Bay centre Brett McKenzie (seventh round, No. 194).

"It's a day of optimism and hope and we feel very comfortable with what we did today" said Trevor Linden, Vancouver's president of hockey operations. "We look forward to development camp and getting that process started."

The Canucks have more pressing concerns.

Linden says the opening of free agency will mark a hunt for offence.

"We want to address some scoring needs up front, for sure," he said. "We feel good about our goaltending and our defence. And we want to bring some scoring in. And we're going to try and address that July 1."

Olli Juolevi was drafted fifth overall in Buffalo on Friday. BRUCE BENNETT/GETTY IMAGES

There is also the matter of tampering charges over GM Jim Benning's comments on a radio interview that he had talked to the Canadiens about P.K. Subban and planned to talk to the Tampa Bay Lightning about Steve Stamkos. Expressing interest publicly about players under contract to other teams is forbidden by the league.

Linden tried to downplay his GM's words, calling them "rather innocent comments." But he said they "probably crossed the line somewhat."

The club is waiting word back from the league.

Linden says the future is bright, noting Vancouver could have as many as 11 or 12 players under the age of 25 next season.

On Day 1, the Canucks took the first defenceman of the draft in the smooth-skating Juolevi from the London Knights.

Benning called the 18-year-old from Helsinki a "high hockey sense guy" with good defensive awareness who can move the puck up the ice

"In today's game that's a special skill and we just felt he's a complete defenceman," he added. "We just couldn't go by him ... We just felt to get a high-end defenceman is going to serve us well going forward."

THE CANADIAN PRESS

TOP PICK

OLLI JUOLEVI
Position: Defenceman
Height/weight: 6-2/188
Junior team: London (OHL)
2015-16 stats: 9 G, 33 A, 16 PIM, +38
Born: Helsinki, Finland

NHL

Several teams on hunt for 'big fish'

As team executives began gathering on the arena floor an hour before the start of the NHL draft's second round Saturday morning, a video highlighting former No. 1 selections began playing on the big-screen video boards.

The first player featured just happened to be Steven Stamkos, the top pick in 2008.

At a time when Arizona-born centre Auston Matthews was selected first by Toronto, and on the heels of the buzz the league's expansion into Las Vegas created, the Tampa Bay Lightning captain's presence during the two-day draft in Buffalo was hard to overlook.

Stamkos is set to be, as Sabres general manager Tim Murray put it, the potential "big fish" in the league's free-agency period, which opens Friday.

Buffalo, Boston and Vancouver are among the teams to have already expressed interest in Stamkos.

And others, as in the case of Toronto and Detroit, have freed up more than $10 million in salary cap space with an expectation they will jump into the bidding for the four-time, 40-goal scoring star.

In the meantime, Lightning GM Steve Yzerman isn't ready to shut the door on the possibility of re-signing Stamkos.

"I haven't ruled out anything just yet," Yzerman said. "The process hasn't changed."

Under NHL rules, the Lightning can re-sign Stamkos to an eight-year contract, while other teams are limited to making seven-year offers. THE ASSOCIATED PRESS

TOP 3

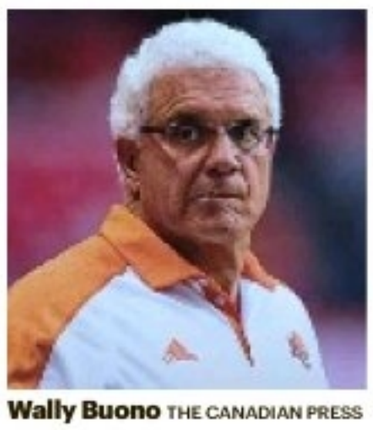
The top pending free agents not named Stamkos:

1. C David Backes
2. RW Kyle Okposo
3. LW Milan Lucic

Steven Stamkos is expected to be available through free agency come Friday. BRUCE BENNETT/GETTY IMAGES

LIONS

Buono's boys get it done in season opener



Wally Buono THE CANADIAN PRESS

Winning hasn't gotten old for Wally Buono.

Chris Rainey brought a punt back 72 yards for a touchdown and ran in another score as the B.C. Lions defeated the Calgary Stampeders 20-18 in Buono's return to the sidelines Saturday to close out Week 1 of the CFL season.

"It takes a lot of hard work to win," said Buono. "Sometimes you've got to be nice to people, sometimes you've got to be hard with people. Tonight was a perfect example of all of that."

SATURDAY at BC Place
LIONS 20 — 18 STAMPS

The 66-year-old, who set a new CFL record by starting a 23rd CFL season as a head coach, is back in charge for the first time since 2011 after the club parted ways with the one-and-done Jeff Tedford following a disappointing 2015. Buono added to his all-time mark with the 255th victory of his career, but it wasn't pretty.

The Lions had a jaw-dropping three punts blocked or partially blocked in the first half, but still managed to pick up the win thanks to strong defence, some big plays, and a grinding ground game late.

THE CANADIAN PRESS

IN BRIEF

Cardinals pepper Mariners with 13 extra base hits

Matt Carpenter and Tommy Pham each homered twice as the St. Louis Cardinals went deep six times in an 11-6 victory over the Mariners on Sunday in Seattle.

Jedd Gyorko and Matt Holliday also homered for St. Louis. Carpenter, Holliday, and Aledmys Diaz each had three hits as the Cardinals finished with 17 — including 13 for extra bases.

THE ASSOCIATED PRESS

Canada comes up short vs. Cuba in beach volleyball

Canada's road to a second berth in men's Olympic beach volleyball got a little bit longer after Canada lost to Cuba 3-1 on Sunday in the final at the NORCECA Continental Cup in Mexico.

All is not lost for Canada's teams of Josh Binstock/Sam Schachter and Grant O'Gorman/Sam Pedlow as they still have one final chance to qualify in July.

THE CANADIAN PRESS

Top squads power up

EURO 2016
ROUND OF 16

Germany, Belgium, France on to quarters

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, and Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The relief was palpable at the Stade de Lyon after France finally overwhelmed an Ireland side that had led through Robbie Brady's early penalty kick, after France midfielder Paul Pogba bundled Shane Long to the ground.

Ireland worked tirelessly to defend its lead but Griezmann's two goals in the space of three minutes midway through the second half saw the natural order restored, and a red card for Shane Duffy in the 66th minute all but ended the contest.

"When Ireland took the lead it made us a bit more uncomfortable in the first half," France coach Didier Deschamps acknowledged. "They showed a lot of enthusiasm ... we had to dig deep."

France will face either England or Iceland next Sunday.

Germany scored early and never looked back against Slovakia.

Jerome Boateng broke the deadlock after eight minutes in Lille, his first goal in 63 appearances for Germany.

Mario Gomez stabbed home Germany's second just before the break after a clever cutback by Julian Draxler, who volleyed home the third goal in the 63rd minute.

"Now the games that we're looking forward to are coming," Gomez said. "They're why we came."

Germany's next opponent will be Spain or Italy, which meet on Monday.

And Hazard simply lit up the Stade de Toulouse on Sunday.

After Toby Alderweireld headed Belgium into a 10th minute lead, Hazard turned it into a rout in the closing stages.

He began by surging past Hungary's defence on the left side and sending over a low cross for substitute Michy Batshuayi to steer home in the 78th minute.

The Chelsea playmaker then followed up by scoring a spectacular solo goal, skipping past three Hungary defenders and curling a shot into the bottom right corner.

Asked if it was his best performance for Belgium, Hazard simply said "Yes," before breaking into a smile.

Substitute Yannick Ferreira Carrasco struck the fourth in added time as Belgium lined up a quarter-final vs. Wales on Friday in Lille. THE ASSOCIATED PRESS

SCHEDULE

SATURDAY
Poland 1 (5), Swiss 1 (4)
Wales 1, Nor. Ireland 0
Portugal 1, Croatia 0
SUNDAY
France 2, Rep. of Ireland 1
Germany 3, Slovakia 0
Belgium 4, Hungary 0
MONDAY
Italy vs. Spain
England vs. Iceland

1 In Décines-Charpieu Antoine Griezmann scored his second and third goals of the tournament, putting the left-footed Frenchman into a three-way tie for the tournament lead with Gareth Bale of Wales and Alvaro Morata of Spain.

2 In Toulouse
Eden Hazard put a lacklustre Premier League campaign with Chelsea in the rearview with a dominant performance in Belgium's 4-0 win over Hungary.

3 In Lille
Central defender Jerome Boateng scored his first international goal in 63 appearances. The eighth-minute marker was the fastest goal scored by Germany at a Euros. GETTY IMAGES

WIMBLEDON

Bouchard won't look back

Two years ago Eugenie Bouchard and Milos Raonic were the toast of Wimbledon.

Both set Canadian records at Grand Slam events, with Bouchard losing the final to 2011 champion Petra Kvitova and Raonic reaching the men's semifinals before being beaten by seven-time winner Roger Federer.

The Canadians couldn't build on that success at last year's event. Bouchard was diminished by a Grade 2 abdominal tear and lost in the first round to No. 117-ranked Ying-Ying Duan of China while Raonic, six weeks after foot surgery for a nerve issue, was not completely fit and was beaten by Nick Kyrgios of Australia in the third round.

Eugenie Bouchard GETTY IMAGES

"I have bad memories from last year," Montreal's Bouchard, said Saturday at Wimbledon. "I really don't want to think of them this year. I've done a much better preparation. I feel much better physically I've gotten in more matches on grass and feel like I'm on the right path with my coaching situation as well."

Reunited with longtime coach Nick Saviano since April, Bouchard is 24-14 in 2016 and 3-3 at grass-court tournaments heading into a first-round match Tuesday against No. 92-ranked Magdalena Rybarikova of Slovakia.

Raonic has a better record. He is 31-8 and won four matches at the Queen's Club grass-court event in London two weeks ago before narrowly losing the final 6-7(5), 6-4, 6-4 to world No. 2 Andy Murray.

"It's a very different story this year," Raonic, from Thornhill, Ont., said Saturday about his preparation. "I feel like I've done all the right things and put myself in position. Now is the opportunity to make it count."

Rated by London bookmakers as the fourth favourite behind Wimbledon champions Novak Djokovic, Murray, and Roger Federer, Raonic has legendary John McEnroe along as a consulting coach.

The third Canadian in singles is No. 44-ranked Vasek Pospisil of Vancouver. A quarter-finalist last year but struggling with a 4-15 record in 2016, he plays clay-court specialist Albert Ramos-Vinolas, ranked No. 36, in his opening match Tuesday.

THE CANADIAN PRESS

COPA AMERICA MESSI STILL WAITING ON ARGENTINA GLORY
Chile's Alexis Sanchez, right, falls next to Argentina's Gabriel Mercado during the Copa America Centenario final in East Rutherford, N.J., on Sunday night. Lionel Messi put his penalty kick wide, Francisco Silva converted Chile's final shot and La Roja won their second straight Copa America by beating Argentina 4-2 on penalty kicks following a 0-0 tie. OMAR TORRES/AFP/GETTY IMAGES

IN BRIEF

Reyes welcomed back to New York City
Jose Reyes was a big hit with fans in his return to New York.

The longtime Mets star received a warm welcome from the crowd and played errorless defence at third base Sunday in his first minor-league game since rejoining the organization.

He was released by the Rockies after serving a 59-day suspension this season for violating MLB's domestic violence policy.
THE ASSOCIATED PRESS

RUGBY

Italy narrowly tops Canada in Toronto

Italy's substitute flyhalf Carlo Canna kicked a late penalty to secure a 20-18 comeback win over Canada in a rugby union test match Sunday.

Trailing 18-17, Canna made the decisive kick from close range in the 72nd minute after a back-and-forth game dominated by penalties.

Canna was yellow-carded in the 76th minute for a high tackle on Dan Moor, reducing the Italians to 14 men. But Italy maintained possession and held on for victory.

Ornel Gega scored a try for Italy while Tommaso Allan kicked four penalties

Gord McRorie scored all of Canada's points with six penalties.
THE ASSOCIATED PRESS

Carlo Canna GETTY IMAGES

RECIPE Watermelon and Tomato Gazpacho

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

On a hot, steamy night, if your oven could talk it would tell you to make this easy and sweetly simple gazpacho. It would also tell you to pair it will some crusty bread.

Ready in
Prep time: 10 minutes
Cook time: 1 hour

Ingredients
- 6 cups roughly chopped seedless watermelon, divided
- 3 cups roughly chopped tomatoes, divided
- 1 shallot, roughly chopped
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 cup roughly chopped basil, divided
- salt and pepper to taste

Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.

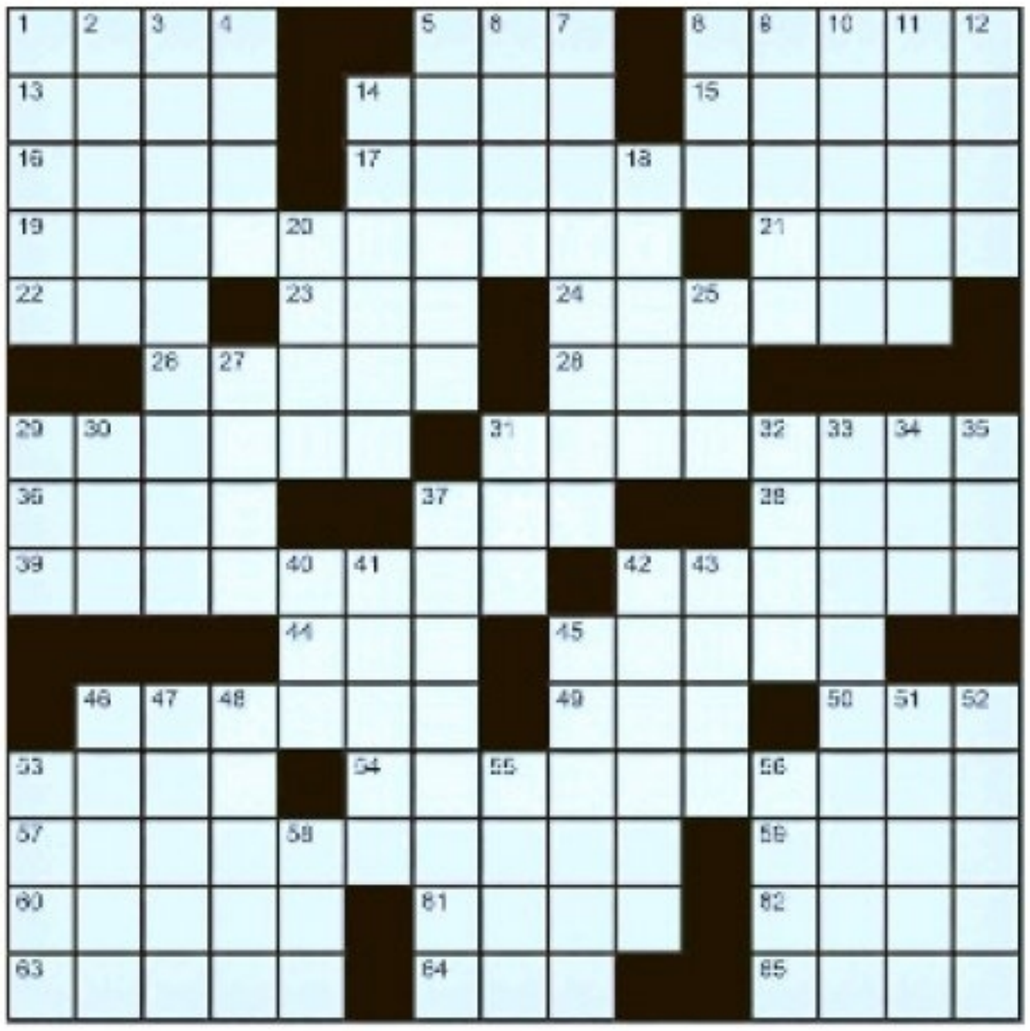
2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.

3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann __
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" song-stress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick __ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down!)
26. Start of a quiz show query, "True or __..."
28. 'Fact' finisher
29. Czech composer, Antonin __
31. Battle: French
36. __ __ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. __ kebab
46. Grand __ (Istanbul marketplace)
49. Frying pan drizzle
50. Howe'er
53. Unaccompanied
54. In-the-clouds with optimism
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian†psychology
61. Radiate
62. Crumbly soil
63. Not tidy
64. __ bread
65. Bohemian

DOWN
1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating discard
5. "__ been going in and out of style..." - The Beatles, 1967
6. Stand-up comedian, Andrew __ Clay
7. Summer vessel
8. "Won-der-ful!"
9. __ of asparagus
10. Sophia Loren's movie producer husband Mr. Ponti (b.1912 - d.2007)
11. Cruise ship's water
12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. __ Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading†bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben __
40. Peak of Crete, Mount __
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. __ __ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian __ (Military force)
56. Ms. Watson
58. Perhaps...

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

Taurus April 21 - May 21
You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

Gemini May 22 - June 21
If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

Cancer June 22 - July 23
Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

Leo July 24 - Aug. 23
Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

Virgo Aug. 24 - Sept. 23
You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

Libra Sept. 24 - Oct. 23
Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

Scorpio Oct. 24 - Nov. 22
Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

Sagittarius Nov. 23 - Dec. 21
This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

Aquarius Jan. 21 - Feb. 19
You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

Pisces
Feb. 20 - March 20
Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		2		9			
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		2				6		
1	8							5
	9						3	
3							7	8
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			9		4		1	

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	6	5	9	8	3	1	2
9	8	3	6	2	1	7	5	4
5	1	2	7	3	4	6	8	9
8	3	1	9	7	6	4	2	5
4	6	9	2	8	5	1	7	3
2	5	7	4	1	3	9	6	8
3	2	8	1	4	7	5	9	6
6	7	4	8	5	9	2	3	1
1	9	5	3	6	2	8	4	7